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Apples, Nuts, and Honey

U.S. Department of Agriculture

A broadcast by Miss Ruth Van Deman, Bureau of Home Economics, Mr. E. J. Rowell Agricultural Marketing Service, and Mr. Wallace Kadderly, Office of Information, broadcast Tuesday, November 26, 1940, in the Department of Agriculture period of the National Farm and Home Hour, by the National Broadcasting Company and a network of 87 associate radio stations.

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WALLACE KADDERLY:

And here's Ruth Van Deman to bring you the news again from the Bureau of Home Economics.

RUTH VAN DEMAN:

Backed up by market news by E. J. (Mike) Rowell on - - - - , go ahead, Mike, you name the specialties of the day.

E. J. ROWELL:

Apples, nuts, and honey.

KADDERLY:

Apples, nuts, and honey. Oh me, oh my.

VAN DEMAN:

Why for the sigh. Don't you like the combination?

KADDERLY:

That's my trouble. I like each one in the combination so well, I don't see how I'm going to get around all three in one broadcast.

VAN DEMAN:

Cheer up - no samples today. Nothing to take the edge off your appetite at lunch.

ROWELL:

Who said no samples? You didn't think I'd come to an apple broadcast without an apple, did you?

KADDERLY:

I'll bet it's one of those crisp, juicy New England Mac Intosches he's always talking about.

ROWELL:

Guess again.

VAN DEMAN:

It looks to me like a Stayman Winesap, probably from over Shenandoah way.

ROWELL:

Your exactly right, Ruth. And just to show you how broad minded I am, I brought two more. This Jonathan from Oregon

VAN DEMAN:

That's for Wallace of course, to make him feel a little homesick twinge for Hood River Valley.

ROWELL:

Of course, and this Rome Beauty from the State of Washington.

VAN DEMAN:

Two north-westerns to one eastern. I don't know whether that's quite fair.

ROWELL:

Well, the Northwest has a big apple crop this year It's larger even than last year.

VAN DEMAN:

Yes, I know. And the State of Washington is our leading commercial apple State.

ROWELL:

Our total commercial crop will run somewhere around 115 million bushels. That's quite a few apples, and they're all for home consumption. Most of our export market for apples, as for most other foods, has gone glimmering.

VAN DEMAN:

English children will miss our big red apples this Christmas.

ROWELL:

And our American apple growers will miss the dollars that came from selling their apples in England and other European countries.

VAN DEMAN:

What about prices here?

ROWELL:

Apples are probably selling at their lowest for the year right now. When they have to be put in cold storage and held that costs money, and adds to the retail price.

VAN DEMAN:

Mike, do you mind if I take this bouncing big roseay cheeked Rome Beauty home with me and bake it?

ROWELL:

Is that your favorite apple for baking?

VAN DEMAN:

One of them. It holds its shape and its color so well.

ROWELL:

Isn't there a trick in baking an apple to make it do that?

VAN DEMAN:

There is . . . a very simple one. Just cover the dish and keep the oven temperature only moderately hot. Some cooks like to pare off a narrow strip of skin around the middle of the apple ----- to let some of the steam escape so it doesn't burst its jacket.

KADDERLY:

How about using honey to sweeten baked apples?

VAN DEMAN:

Excellent. It gives baked apples or any kind of cooked apples a delicious rich flavor.

ROWELL:

Well now, if you're really going to dress up baked apples, why not use some of this year's nut crop? It's a big one.

VAN DEMAN:

How big?

ROWELL:

The estimates on the pecan crop place it at nearly 82 million pounds --- a third larger than last year's. The West Coast walnut crop is bigger than average. There's a record yield of peanuts, and probably as many filberts and almonds as the market can absorb.

VAN DEMAN:

All in all, the nation's nut bin is very well filled then.

ROWELL:

Very.

KADDERLY:

I never can see why there aren't more nuts used in cooking and served on the table as part of meals. Nuts are rich in food value --- at least they're rich in oil and fat --- aren't they?

VAN DEMAN:

Yes, pecans, for instance, are over 70 per cent fat. And another thing about using nuts in cooking, they give a pleasant crunchiness ---- an interesting variety in texture.

KADDERLY:

Well, isn't it up to the home economics experts to remind people of the old ways of using nuts in cooking, and to tell them about new discoveries?

VAN DEMAN:

Don't you think we are, Wallace? Surely you haven't forgotten that bulletin of Elizabeth Whiteman's with all the good recipes for using nuts in practically every dish from soup to

ROWELL:

Soup to nuts.

VAN DEMAN:

Literally soup to nuts, ---- with croquettes ---- stuffings ---- bread ---- cake ---- sandwiches ---- cookies ---- pie ---- on the way.

ROWELL:

What, no candy?

VAN DEMAN:

Certainly candy ----- nut brittle glacé nuts, black walnut taffy, even suiced nuts. Which, by the way, are a very nice gift to make in the home kitchen, if you're looking for something a little out of the ordinary.

KADDERLY:

Spiced nuts ----- they are new to me.

Well, Mike, you've given us the news on the apple crop and the nut crop, what about the honey crop?

ROWELL:

It's probably several million pounds larger than last year's.

VAN DEMAN:

Several million pounds?

ROWELL:

Yes, the total honey crop is somewhere around 165 million pounds.

VAN DEMAN:

It's hard to think of honey in millions of pounds. How many trips of how many pairs of honey bees' wings do you think it would take to gather a million pounds of honey?

ROWELL:

Oh, a quadrillion or two, probably. I'm sure the statisticians could figure it out.

KADDERLY:

Mike, while you and Ruth and the statisticians are figuring out the mileage on the bees' wings, I'll just place my order for some hot cakes (griddle cakes, that is), with butter and honey.

VAN DEMAN:

How about honey butter?

KADDERLY:

Honey butter? What's that?

VAN DEMAN:

Equal parts of honey and butter creamed together in the kitchen just before you're ready to use it. This home-made honey-butter is also very good as a sandwich spread with or without nuts mixed with it.

ROWELL:

I'm going to remember that--equal parts of honey, --- extracted honey I suppose?

VAN DEMAN:

Oh yes, you wouldn't want to mix up honey comb with butter.

ROWELL:

Equal parts of extracted honey and butter blended together.....equals honey butter. That's all there is to it.

KADDERLY:

All except the hot cakes, Mike, and a cup of coffee.

ROWELL:

Now who's working us up an appetite for lunch?

VAN DEMAN:

Many of the old-time recipes for Christmas cakes and cookies called for honey, as you probably know.

ROWELL:

That was because they didn't have much sugar in those early times, wasn't it?

VAN DEMAN:

Partly that. And partly because cake made with honey stays moist longer. That's because the sugar in honey is chiefly in the form of levulose.

KADDERLY:

Haven't your food specialists brought some of those old-time recipes up to date? Seems to me I remember a very good bulletin on honey in cookery.....telling how to make cake and cookies with honey.

VAN DEMAN:

Right, I was just about to hand you, Wallace, these three good companions for the kitchen library, ----- the scientific cook's contribution to all the other cooks who like to make good things with apples, nuts, and honey.

KADDERLY:

W-a-i-t a minute. Where you going, Ruth?

VAN DEMAN:

(From other side of room) Going to order lunch.....hot cakes.....honeybutterbaked apples.

ROWELL:

(Fading) Make mine pecan pie.

KADDERLY:

Well, Farm and Home friends, I seem to be the only one left here at the microphone to tell you about these three bulletins available on request to the Bureau of Home Economics. Apple Recipes is the title of the first. This is the apple green folder we've spoken of beforecontains some 30 excellent recipes for serving apples hot and cold.

No. 2 is Nuts and Ways to Use them..... or just write nut bulletin that's all that's necessary.

No. 3 is Honey and Some of its Uses. Or again just brief that to honey bulletin to save time.And send your request to Bureau of Home Economics, U. S. Department of Agriculture, Washington, D. C. for these three bulletins on Apples, Nuts, and Honey. (Repeat directions for obtaining bulletins).

